



# COUNTY OF SAN DIEGO NEWS ADVISORY

**For Immediate Release**

August 31, 2011

**Contact:** José A. Álvarez (619) 515-6635  
(619) 964-1526 cell

## **HOW TO PREVENT SUICIDE: QUESTION, PERSUADE & REFER** ***600 Suicide Prevention Gatekeepers Trained to Identify Warning Signs***

**WHAT:** County and local mental health officials will announce community events and activities to recognize September as National Suicide Prevention Month.

They will announce a series of trainings to educate people—police officers, teachers, ministers, doctors, nurses, firefighters, parents, friends and many others—about the warning signs of suicide and how to question, persuade, and refer someone to help.

They will also announce the three prevention strategies and discuss those who are more at risk of suicide. During Suicide Prevention Month, the County will release a community Suicide Prevention Action Plan.

Media will be allowed into the County's Access and Crisis Line call center, located at 3111 Camino del Rio North-Suite 500.

**WHO:** **Alfredo Aguirre**, Director, County Mental Health  
**Kristin Garrett**, President and CEO, Community Health Improvement Partners (CHIP)  
**Ruth Kenzelmann**, Executive Director, OptumHealth San Diego  
**Karen Ventimiglia**, survivor of suicide loss & coordinator of suicide prevention campaign

**WHEN:** **FRIDAY, SEPTEMBER 2, 2011 AT 10:30 A.M.**

**WHERE:** **County Mental Health Services—Garden Area**  
**3255 Camino del Rio South, San Diego**

**WHY:** September is National Suicide Prevention Month and Sept. 4-10 is National Suicide Prevention Week.

Suicide claims the life of about one San Diegan every day. Last year, 372 suicides were reported in the region.

People think about hurting themselves when they feel hopeless, powerless, or despondent. Most people who attempt or complete a suicide had one or more warning signs prior to the suicide attempt.

People in immediate danger should call 911. Help is also available by calling the County's Access and Crisis Line at (800) 479-3339. Resources are available by visiting [www.Up2SD.org](http://www.Up2SD.org).

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1600 PACIFIC HIGHWAY, ROOM 208 • SAN DIEGO, CA 92101-2472